

A *free* AIKEN REGIONAL MEDICAL CENTERS  
WOMEN'S HEALTH INITIATIVE

ISSUE 4



WINTER 2018

# QUARTERLY

Tips and reminders  
to stay  
**HEART HEALTHY**

Introducing our  
**"LIVING MY HEALTH"**  
web page

**CINDERELLA PROJECT** and  
**NATIONAL WEAR RED DAY** events

Don't miss out! Join *we* today.

  
**we**  
*Women Enlightened*  
FOR BETTER HEALTH



# welcome

*Women Enlightened*  
FOR BETTER HEALTH

*“Nothing can  
dim the light  
that shines  
from within.”*

– MAYA ANGELOU

Hello, *we* Ladies!

There’s something energizing about starting a new year. It’s a great time to set new goals and reestablish healthy routines. In this issue, we’re excited to tell you about helpful tips and ideas that you can incorporate into your everyday life.

A key to staying healthy is taking good care of your heart. Thanks to initiatives like the American Heart Association’s Go Red for Women® campaign, we are more aware than ever of the perils of cardiovascular disease. On page 4, we share reminders to help keep your heart strong.

As we work to stick with healthy routines, a challenge many of us face is staying motivated. To help you throughout the year, we introduce you on page 6 to our “Living My Health” web page, where you can find practical fitness tips, recipes and more. Be sure to check this site out when you need new ideas and inspiration.

Finally, on the next page, we invite you to learn about our upcoming events, including the Cinderella Project, which helps enable a special prom experience for young women across South Carolina. We are also excited to celebrate National Wear Red Day on February 2 in honor of American Heart Month.

Staying healthy is more fun when we do it together. We look forward to supporting you in 2018!

Yours in sisterhood,

**TAMALYN TEEMS**  
DIRECTOR OF MARKETING, AIKEN REGIONAL

# we CALENDAR OF EVENTS

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## NEW we MEMBER ORIENTATION

We want to make sure you understand all the benefits of the *we* program. That's why we strongly encourage you to attend a New Member Orientation. If you are new to *we* and have not attended orientation, mark your calendar to attend an upcoming session.

Enjoy lunch and a tour.

*Date:* Thursday, February 1

*Time:* 11 a.m. – 1 p.m.

*Location:* Classrooms A & B, 6th Floor at ARMC

**Call 803-641-5886 to register.**

## CINDERELLA PROJECT

Aiken Regional Medical Centers along with our Caring for Carolina partners, WJBF Channel 6 and Bath Fitter, will help the South Carolina Bar with this year's Cinderella Project, which provides free prom dresses and accessories to economically disadvantaged young women across South Carolina. **If you have prom dresses, accessories or shoes you'd like to donate, please drop them off to the Marketing Department at Aiken Regional Medical Centers by Friday, February 2.** The Marketing Department at ARMC is located on the 6th floor across from Classrooms A & B.

## NATIONAL WEAR RED DAY

During American Heart Month in February, the American Heart Association's Go Red for Women® campaign works to save women's lives and beat heart disease, the number one killer of women.\* On National Wear Red Day, support the movement by wearing red. Meet us at the fountain where we will take a group photo of those who wear red.

*Date:* Friday, February 2

*Time:* 9 a.m.

*Location:* The Fountain on Newberry



\*American Heart Association



## Paint the Fair Pink

Aiken Regional Medical Centers was honored to be the presenting sponsor of the "Paint the Fair Pink" event, held October 26, 2017, at the Western Carolina State Fair. The event helped raise awareness about breast cancer. All proceeds went to CanHope, a local non-profit organization that provides financial, educational and emotional support for local patients.



# *Love* your **HEART**

As a new year begins, now is the perfect time to recommit to healthy habits that can help keep your heart strong. In recognition of American Heart Month in February, we invite you to check out the tips and reminders on the next page. Here's to a happy, heart-healthy 2018! ►



Cardiovascular Institute  
of Carolina   
at Aiken Regional  
[www.aikenregional.com](http://www.aikenregional.com)

Heart disease and stroke cause 1 in 3 deaths among women each year – more than all cancers combined.\* Seeing your doctor regularly and knowing your numbers – including blood pressure, cholesterol, blood sugar and body mass index (BMI) – can help you manage your risk. Also, it's important to know your family history of heart disease, which can impact your chance of having a cardiovascular problem.

**Here are heart-healthy tips\*\* to keep in mind.**

- **Eat a healthy diet.** Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in saturated fat and cholesterol and high in fiber can help prevent high blood cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure.
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease.
- **Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.
- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. So, if you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.
- **Limit alcohol use.** Avoid drinking too much alcohol, which causes high blood pressure.

\*Source: American Heart Association (AHA).


\*\*Source: Centers for Disease Control and Prevention (CDC).

## DON'T FORGET TO GET YOUR SLEEP

Getting the rest you need is also important for your heart health. The American Heart Association (AHA) has linked poor sleep quality with an increased risk of obesity, high blood pressure, Type 2 diabetes, stroke, coronary heart disease and overall cardiovascular disease. Exercise, avoiding excess caffeine and having an evening routine (such as turning off electronics or taking a hot bath) can promote better sleep, the AHA says.

Also, diagnosing and treating sleep disorders – such as insomnia or obstructive sleep apnea – can improve quality of sleep.

**To learn more about the Sleep Evaluation Center at Aiken Regional Medical Centers, visit [aikenregional.com/sleep](http://aikenregional.com/sleep).**



**The Cardiovascular Institute of Carolina at Aiken Regional Medical Centers provides a full spectrum of sophisticated, patient-oriented cardiac care – from advanced diagnostic imaging and emergency intervention to minimally invasive treatments and rehabilitation. To learn more, visit [aikenregional.com/cardio](http://aikenregional.com/cardio).**

# Get inspired with our wellness page

## FEATURING EXERCISE TIPS, RECIPES AND MORE!

What are five healthy tips for eating on the go, or staying fit over 50? These are just a couple of the many topics covered on the "Living My Health" page of the Aiken Regional website. Designed to support your good health, this information is updated monthly and can be accessed at the link below.

Here is a taste of the recipes you'll find ...

### GRILLED VEGETABLES

A delicious garlic balsamic marinade gives these grilled vegetables a savory sweet flavor. This low calorie side dish complements meat, fish and poultry.

#### NUTRITION FACTS

<b>Serving size:</b> about $\frac{3}{4}$ cup	Cholesterol: 0mg
<b>Per serving:</b>	Sodium: 16mg
Calories: 110	Carbohydrates: 11g
Fat: 7g	Fiber: 4g
Saturated Fat: 1g	Protein: 1g

#### INGREDIENTS

- 3 Tbsp olive oil
- $\frac{1}{2}$  cup balsamic vinegar
- 5 garlic cloves crushed
- Black pepper to taste
- 1 zucchini cut into 1/2-inch slices
- 1 yellow squash cut into 1/2-inch slices
- 1 red bell pepper seeded and sliced into strips
- 12 asparagus spears trimmed
- 1 medium eggplant peeled and sliced into  $\frac{1}{2}$ -inch rounds
- $\frac{1}{4}$  cup chopped green onions for garnish



**Diabetic,  
Heart Healthy,  
and Gluten  
Free**

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#### PREPARATION

In a small bowl, whisk together olive oil, balsamic vinegar, garlic and black pepper. Divide marinade into 2 shallow bowls. Add zucchini, squash, bell pepper and asparagus to 1 bowl and eggplant to the other. Refrigerate vegetables, covered with plastic wrap, for 1 hour.

Lightly coat a grill rack with nonstick cooking spray. Preheat grill to medium heat.

Remove vegetables from marinade, reserving marinade for basting. Grill vegetables, brushing with reserved marinade and turning regularly until golden brown on each side. Remove vegetables from grill and toss with any remaining marinade. Sprinkle with green onions and serve immediately.

See more recipes and discover new ways to be healthy at [aikenregional.com/healthyliving](http://aikenregional.com/healthyliving).

# Pearl

## HEALTH INCENTIVE PROGRAM



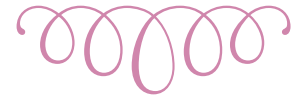
The Pearl Health Incentive Program promotes empowerment and personal responsibility. This program is available to *we* members who complete the attached registration form and make an annual donation of \$20 to CanHope.

The Health Services Guide in your *we* new member packet provides an extensive list of available services at Aiken Regional Medical Centers and a complete physicians' listing by specialty. When you become a member of the Pearl Program, you will be given a Pearl Health Incentive Program screening booklet for you to keep track of your health goals. Pearl members will have the opportunity to complete five health services within a year of enrolling in our program.

After completing five of the screenings, tests, physician visits, etc., that are suggested for each health service, document your actions in your screening booklet. Then call the nurse navigator and schedule an appointment to see her with your completed screening booklet. The nurse navigator will give you a certificate of completion, which you may redeem for a genuine pearl.



### PEARL PROGRAM REGISTRATION



NAME

EMAIL ADDRESS

MAILING ADDRESS

PHONE NUMBER

Be sure to include a check or money order for your \$20 donation payable to: **CanHope**.

**Mail to:**

***we* - WOMEN ENLIGHTENED  
FOR BETTER HEALTH**

Aiken Regional Medical Centers  
302 University Parkway  
Aiken, SC 29801



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